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REGULATIONS

OF THE

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Asylum for Lunatics.

GLASGOW:
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1814.

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THE GLASGOW ASYLUm FOR LUNATICS was built by Public Contribution. The foundation stone was laid August 2d, 1810; and, at the request of the Directors, on the 1st of December, 1814, the Asylum was minutely examined by the Lord Provost, Magistrates, and Council, who expressed the highest approbation of it, and published in the Newspapers, a Report of its being ready for receiving Patients.

From the Magistrates and Council of the City of Glasgow, the Directors have obtained a Seal of Cause, erecting them into a Corporation or Political Body, with the following Constitution, viz.—

The Lord Provost of Glasgow shall be President, *ex officio*; two Directors shall be chosen from the Town Council; two from the Merchants' House; two from the Trades' House; two from the Physicians and Surgeons; two from the General Session, consisting of one Minister, and one Elder; eight from the General Subscribers; the Chief Magistrate of Paisley; the Professors of Anatomy and Medicine in the University of Glasgow, being Directors, *ex officio*.

These shall meet once every quarter, on the first Tuesday of the month. From these shall be chosen for the year, a Sub-Committee, to meet once every week, for attending to the particular interests of the House, admission of Patients, and all such business as in the ordinary course of management may arise. This Committee shall consist of four Directors, the Medical Gentlemen who attend the Asylum, and the Treasurer.

A Statement of the affairs and management of the Asylum shall be laid before a General Meeting of Subscribers once every year, when eight shall be chosen as Directors. No Subscriber below five guineas can be a member of the meeting.

Paupers from the City of Glasgow are to be admitted at a rate annually fixed by a Committee, consisting of two from the Directors of the Town's Hospital, two from the Directors of the Asylum, and a Magistrate: and the Paupers from parishes which have contributed £50 for every 1500 of their population, are to be admitted on the same terms as those in Glasgow.

THE PRESENT DIRECTORS ARE

The LORD PROVOST, President, *ex officio.*

Messrs. John More,	} from Town Council.
James Cleland,	
John Guthrie,	} from Merchants' House.
Daniel Mackenzie,	
Walter Ferguson,	} from Trades' House.
William Rodger,	
Dr. John Balmanno,	} from Physicians & Surgeons.
Robert Watt,	
Rev. Dr. Macgill,	} from General Session.
Mr. Archibald Newbigging,	
Mr. C. S. Parker,	} from general body of Subscribers.
Dr. Cleghorn,	
Rev. Dr. Balfour,	
Dr. Ranken,	
Messrs. John M'Ilwham,	
John Swanston,	} from general body of Subscribers.
George Rutherford,	
Robt. Thomson, jun.	
Wm. Jamieson, Esq. Chief Magistrate of Paisley.	
Dr. James Jeffray, Professor of Anatomy,	} <i>ex officio.</i>
Robert Freer, Professor of Medicine,	

They unanimously elected:

Dr. CLEGHORN, Physician to the Asylum;
 Mr. WILLIAM DRURY, from St. Luke's Hospital,
 Superintendant, Apothecary, and House-Sur-
 geon;
 Mrs. DRURY, Matron;
 Mr. DONALD CUTHERBERTSON, Secretary;
 Mr. JOHN SWANSTON, Treasurer; and
 JOHN KIRK, Porter.

In concurrence with the weekly Committee,
 the Physician, Superintendant, and Matron, have
 engaged proper Servants and Keepers.

After many deliberations, a plan for conducting the business of the Asylum has been arranged, and, though it be unnecessary to lay every part of it before the Public, the following general Outline has been printed for the information of those at a distance, and for the satisfaction of all who take an interest in this Asylum.

I.

Of the Physician.

1st. The Physician shall visit the Asylum three times a-week, and examine each Patient at least once a-week. When any one labours under fever, or any acute disease, he shall visit that Patient every day, or as often as, in similar cases, is usually deemed necessary.

2dly. After reading the case, he shall carefully examine each Patient, and then prescribe the management, regimen, and medicines judged most proper. All this shall be distinctly marked in the Case-Book, in which, from time to time, regular reports shall be made of the effects of the prescriptions, together with the variations that may occur in the disease, or the treatment.

3dly. On the death or discharge of a Patient, he shall add to the case such remarks as may seem proper for explaining and improving the practice; and he shall furnish to dismissed Pa-

tients such instructions as he may think best adapted for preventing a relapse.

4thly. Every volume of the cases shall be considered as the property of the Asylum, from whence no volume shall, on any pretence, be carried out.

5thly. None shall have access to the Case-Books, except the Directors, the Physician, the Apothecary, or such as may obtain, for some specific purpose, a written order from the weekly Committee.

6thly. No part of such cases shall ever be published, except by the Physician who treated the case, or with his consent, if he be living; or, in consequence of formal permission from the Directors; but no name shall, on *any account*, or by any person, be improperly disclosed; nor any circumstance mentioned, which can hurt the feelings of the friends or relations of any Patient.

7thly. In another book, entitled, the Physician's Visiting-Book, he shall mark the day and hour of each visit, together with any observation respecting the general management that seems worthy of notice. This book shall be regularly laid before the weekly Committee, of which he is a member, and whose meetings he shall attend as often as possible.

8thly. From Paupers, and from all who pay less than Thirteen Shillings a-week, he shall receive no remuneration whatever, though he must attend these with as much care and assiduity as any others; but from those who pay Thirteen Shillings a-week, or more, he shall receive a sum

varying from One to Four Guineas, according to their rate, on the admission of each Patient; and, if the Patient remain more than six months, the same sum is to be repeated on the death or dismission of each; and if the Patient remain more than a year, it is to be repeated once a-year.

9thly. When he may judge it necessary, he may call another Physician or Surgeon, into consultation; and, when farther consultation shall be thought necessary by the Directors, or the relations of any Patient, it shall always be along with him. If the opinion of the Physician or Surgeon consulted be not adopted, it shall be recorded in the Case-Book, together with the reasons which prevented it from being acted on.

Lastly, He is to pay the most unremitting attention to every thing which can increase the comforts, or promote the recovery of every Patient in the Asylum; nay, he should spare no effort to leave the most ample instruction for his successors, and, if possible, to improve the practice in a disease, in the cure of which, very much still remains to be done.

II.

Of the Apothecary and House-Surgeon.

1st. On the admission of each Patient, the Apothecary shall write down the case in the book already mentioned, marking distinctly every cir-

circumstance communicated by the friends, or learned by the most accurate investigation, and repeated conversation with the Patient. The case so taken shall be read to the Physician before he examines the Patient.

2dly. In the same book the Apothecary shall mark the reports and prescriptions dictated by the Physician.

3dly. He shall carefully prepare, and faithfully administer, or see administered, every medicine ordered by the Physician; but, except in cases of sudden emergency, he is himself to prescribe nothing. Wherever such an emergency occurs, it is to be carefully marked in the Case-Book, together with the prescription to which it gave rise, and the earliest notice of both is to be given to the Physician.

4thly. Under the direction of the Physician, he shall perform all the smaller operations. When any difficult operation may be thought necessary, a reputable Surgeon shall be employed by the Directors, in concurrence with the Relations of the Patient, to perform it.

5thly. In a book, kept for the purpose, he shall mark all the medicines which he orders; and in another, all the instruments purchased for the Asylum, noting, from time to time, such as may be injured or worn out, so that a sufficient number, in the best order, may always be kept ready.

6thly. He shall, on no account or pretext whatever, receive money or presents from Patients, or their friends; he shall give no medicine, but

to Patients or Servants in the Asylum, nor shall he take charge of any other Patients, excepting such as may be accidentally detained in town, immediately after dismission from the Asylum, or before their expected admission into it.

Lastly. On discovering any impropriety in the conduct of a Patient or an attendant, he shall give immediate information to the Physician or weekly Committee, that it may be instantly checked, and in future, if possible, prevented.



III.

Of the Superintendant.

1st. As his name imports, he is to superintend the whole establishment, regulating the business according to the rules of the Institution, in the manner best fitted to ensure the safety, the comforts, and the cure of every Patient.

2dly. Every morning and evening at least, he is to examine the room of each male Patient, their galleries, their day-rooms, and their exercising ground.

3dly. He is with the utmost vigilance and impartiality, to observe the conduct of all the male servants, to check the slightest appearance of negligence or improper conduct; and with equal promptitude to encourage, and recommend to the Directors, those who steadily and faithfully discharge their duty.

4thly. If any thing should occur so flagitious, that he may judge it necessary to dismiss a Servant on the instant, he shall always state to the next meeting of the weekly Committee, the fact, and the grounds on which he acted.

5thly. He shall make out a list of all the articles belonging to the apartments on the male side, and of the clothes belonging to the male Patients, varying it from time to time, according to the articles, broken, worn out, destroyed, or added.

6thly. He shall keep a distinct account of all the provisions ordered and received, and of the money expended by him for the Asylum.

7thly. In a Day-Book he shall keep a register of the weather, marking, in separate columns, the height of the barometer and thermometer; the day of the moon; direction of the wind, &c.; by means of which, carefully continued, it may be more easy on reading the cases, to determine how far the weather does or does not influence the return of maniacal paroxysms.

In the same book might be noted any remarkable occurrence about the Asylum.

8thly. During meals he should frequently examine the different rooms, observe the state of the provisions as to cooking, cleanliness, equality of distribution, &c. the conduct of the Keepers, and the demeanour of the Patients: and every night, before retiring to rest, he should examine the house with the greatest care.

Lastly. During the day he must never be absent, but on the business of the Asylum; he

must always give notice to the Matron, or to some other person in the house, of his absence, and of the time of his return, which shall be as early as possible: during the night he shall never be absent, without leave asked and obtained from the weekly Committee.

IV.

Of the Matron.

1st. The Matron is to exercise over the Female Servants, Keepers and Patients, a superintendance similar to that of the Superintendant over the Males, and she is with equal care to examine their apartments, day-rooms and galleries, evening and morning.

2dly. She is also to superintend the kitchen, the washing-house, and laundry.

3dly. She is to make out, and keep correct lists of the furniture and clothes of the Females, as the Superintendant does of the Males.

4thly. Though the Apothecary will write the cases of Females as well as of Males, (but he must always examine the Females in presence of the Matron or Female Keeper) and also mark the prescriptions for them; the Matron shall keep a Day-book in which she must mark down any important changes that may take place between one visit and another, and suggest any improvements that occur to her.

5thly. She is to mark in a book, kept for the purpose, all the provisions and necessaries ordered or received by her; as also, all the money expended by her for the Asylum.

Lastly. She is on no account to receive money or presents from the Patients, or any of their friends.

V.

Of the Porter.

1st. He shall attend the gate according to his instructions, and, when necessarily absent, he shall always commit the care of it to his wife, or to some trusty person, so that it may never be left without an attendant.

2dly. He shall take charge of the garden, doing every thing in his power to keep it and all the walks in the best possible order.

3dly. He shall at all times hold himself ready to assist the Superintendent, Apothecary, and Matron, in carrying on the business of the Asylum; and whenever he perceives any thing improper in the conduct of a Patient or a Servant, he is, without delay, to give notice of it to the Superintendent.

4thly. He is to take no money either from strangers who visit the House, from Patients, or their friends.

VI.

Of Male and Female Keepers.

1st. Every Keeper is to observe exactly the Rules which will be furnished to each, and, when any circumstance may seem to render a deviation necessary, immediate notice of it shall be given to the Superintendant.

2dly. No Keeper shall strike any Patient, or strive with him, except in self-defence, the possibility of such an occurrence being guarded against, by every precaution which prudence or experience can suggest; nor shall a Keeper subject any Patient to confinement, to privation, or punishment of any kind, without express authority, and specific instructions from the Physician or Superintendant.

3dly. No Keeper shall at any time attempt to deceive or to terrify a Patient, nor to irritate the Patient by mockery, by mimicry, or by wanton allusions to any thing ludicrous in the present appearance, or ridiculous in the past conduct of the Patient.

4thly. No Keeper shall indulge or express vindictive feelings; but, considering the Patients as utterly unable to restrain themselves, the Keepers must forgive all petulance and sarcasms, and treat with equal tenderness those who give the most, and those who give the least trouble.

5thly. Each Keeper is to exercise the greatest vigilance, and while the Patients think themselves at perfect liberty, they are to be continu-

ally under the Keeper's eye, both in the day-rooms, in the galleries, and in the exercising ground.

6thly. Whatever peculiarity the Keepers may observe in any Patient, they are immediately to mention it to the Physician or Superintendant; and every instance of negligence or concealment will be held as a decisive proof of incapacity and unfaithfulness.

7thly. No Keepers shall quit their posts, without special permission from the Superintendant or Matron, for a limited time. During their absence, which is never to extend beyond the time specified, their place must be supplied by a trustworthy person.

8thly. In so far as they can, without neglecting the superintendance of their respective Patients, all the Keepers shall exert themselves to assist the Superintendant, Apothecary, and Matron, in carrying on the business of the Asylum in the best manner, and at the least expense.

Lastly. No Keeper is to take money or presents from any person.

VII.

Of Visitors.

1st. The Asylum shall be regularly visited twice-a-week by a Director, or a Visitor appointed from among the Subscribers.

2dly. The number of Visitors in one year should not exceed twelve, and none should be appointed but those who are willing to undertake the duty, and who pledge themselves to perform it faithfully.

3dly. The Visitors may visit in rotation, for one or two weeks, as may be agreed on. Each shall be regularly warned by the Secretary, when his turn comes round, and, when he is prevented, he shall request another Visitor to supply his place.

4thly. Their own good sense will prevent the Visitors from teasing the Patients by idle or improper questions, or by any expression of ridicule or contempt: and it may be necessary to avoid all conversation with those whom the Physician desires to be kept in seclusion and darkness: but even these should be examined, so far as to ascertain that they are kept clean, subjected to no needless privation, or improper constraint, and all the rest should occasionally be conversed with.

5thly. In a book kept for the purpose, the Visitors shall mark the day and hour of their visit; the condition in which they find the house, the Servants, and the Patients, with any thing that occurs to them, as requiring change or improvement. These reports shall be regularly laid before the weekly Committee, and when thought necessary, the Committee shall lay them before the general meeting.

Lastly. The Visitors shall never enter the Female wards, but along with the Matron, or the

Female Keeper. Each shall pledge his word to repeat nothing out of the Asylum, by which the feelings of the Relations, or of the Patient, on recovery, could be hurt; and, when the Physician may judge it conducive to the recovery of any Patient to introduce occasionally a Female Visitor, it shall be competent for him to do so, with the consent of the Relations.

VIII.

Of Patients.

1st. Patients shall be admitted only on the application of their nearest Friends, or their Guardians, or the Trustees for the poor.

2dly. The application to the Managers may be addressed (post paid) to Dr. CLEGHORN, Physician, or Mr. CUTHERBERTSON, Secretary, in the following form:—

*To the Managers of the Lunatic Asylum,
Glasgow.*

GENTLEMEN,

Having good cause to believe, as well from our own observation, as also from a Certificate from Dr. *A. B.* Physician in *C.* or of *D. E.* Surgeon in *F.* in the parish of *G.* county of *H.* (herewith sent) that *I. K.* in the parish of *L.* has been, for *M.* time past, unhappily disordered in

his or her senses; we beg that *he or she* may be admitted a Patient according to the regulations of your Asylum.

(Signed)

The Medical Certificate may be in this form:—

I, A. B. Physician or Surgeon in C. have attended D. in the parish of E. for F. time past; and I do hereby certify, that to the best of my knowledge and belief, *he or she* is in a state of Lunacy, and a proper object for admission into your Asylum. This I certify on soul and conscience—or, if a Quaker, on affirmation.

3dly. In cases of emergency, the Physician may grant immediate admission; in ordinary cases, the application shall be laid before the next meeting of the weekly Committee, and an answer returned immediately. If there be any objections to receiving the Patient, these shall be explicitly stated by the Physician or the Secretary; if there be none, the earliest day shall be fixed for receiving the Patient, and the Friends shall be requested to send as full and distinct an account of the case as possible. To assist them in making out the case, printed queries will be sent, by explicit answers to which, much light will be thrown on the nature of the disorder.

These answers shall be carefully preserved by the Physician, and transmitted to his successor, and no name shall ever be published, nor any use made of these letters, that could hurt the feelings, or the interest of any Patients, or their Relatives.

4thly, Every Patient must bring a proper supply of clean linen, of stockings, shoes, and wearing apparel, with an exact list of every article.

5thly, Two substantial house-keepers, of whom one shall reside in Glasgow, shall give a bond for the punctual payment of the Patient's board, for the supply of such clothes as may be required from time to time, for defraying the expences of burial in case of death, and for removing the Patient when desired by the weekly Committee to do so.

6thly. Paupers from parishes who have contributed the regulated sum shall £ s. d.
pay per week, - - - - - 0 8 0

Paupers from Parishes who have not so contributed, and the first rate of those not Paupers, shall pay per week, 0 10 6

Second rate, - - - - - 0 13 0

Third do. - - - - - 1 1 0

Fourth do. - - - - - 1 11 6

Fifth do. - - - - - 2 2 0

Sixth do. - - - - - 3 3 0

The payments to be made quarterly, and always in advance.

When a Patient shall either die, or be dismissed cured, very soon after a quarter is paid for, an appeal shall be made to the weekly Committee whether any, and what part shall be refunded.

7thly. The accommodation must be varied according to the rate of board, and the diet according to that, and the state of the disease; but the general management of the House will be conducted according to the following plan:—

From the 30th of March to the 30th of Sep-

tember, the servants shall rise at six, and from the 1st of October to the 31st of March, at seven each morning.

Patients able to leave their beds, are to rise an hour after the servants.

The Patients are to breakfast at half-past eight in summer, and at nine in winter. Paupers are to dine at half-past one, and the others at half-past two each day,

At six, those to whom it is allowed, are to get tea, or coffee, or cocoa; the Paupers bread, with beer or milk.

At eight, supper is to be served; and at half-past eight in winter, and nine in summer, all are to retire to rest.

Paupers are to have for breakfast, porridge with beer or milk; for dinner, broth with plenty of vegetables, or potatoe soup, or peas soup, with an allowance of butcher meat four times a-week, from six to fourteen ounces, two middling sized potatoes, and a small loaf. On the other three days, they are to have butter or cheese, with a double allowance of bread.

For supper, they are to have bread, or porridge and milk, or bread and beer, with a little butter or cheese.

The Patients, not Paupers, are to have good broth or soup every day, with a plain joint boiled or roasted, with puddings occasionally, and vegetables, according to the season. Each is to be allowed an English pint, or a bottle of good small beer.

To have tea or coffee, or cocoa twice a-day.

To have for supper, porridge and milk, or potatoes and bread, with milk or beer. None to get porter, strong ale, wine, or spirits, except those for whom they are particularly ordered.

Each male Pauper is to be shaved every third day, when it is practicable; the others every second day, and all are to be regularly washed every day, besides occasional bathing.

The feet are to be carefully examined every day, especially during winter.

The linen and stockings are to be changed every third day at farthest.

Those accustomed to flannel shirts are to have them changed once a-week at least.

Those accustomed to snuff or tobacco, to be allowed a proper quantity.

All will be encouraged to employ themselves in useful occupations, in innocent amusements, and, above all, in taking regular exercise in their galleries, and whenever the weather permits, in the open air. For this purpose, each ward has access, by a separate stair to its own airing ground, where a dry extensive walk can be enjoyed without the chance of escaping, though they seem at liberty, and without the possibility of meeting any but their own associates.

8thly. If at any time the house should be full, those who apply for admission shall be admitted in the order of their applications (though in this, the weekly Committee are to have a discretionary power of controul,) of which the dates shall be regularly marked in a book kept for that purpose by the Secretary.

9thly. At the end of every quarter, there shall be laid before the Directors, a list of such Patients as the Physician may judge unfit for residing longer in the Asylum. If his reasons be approved of, the Directors shall order the removal of such Patients within a time varying according to the distance whence they came. If the Patient be not removed within the time specified (unless in peculiar cases, of which the weekly Committee shall judge,) the board shall be doubled for every week elapsing after the time fixed in the notice; which notice shall always be sent by the Secretary, in writing, to the house-keeper in Glasgow, who is bound for the board.

10thly. No idiot, unless mischievous, shall be admitted; and when any one already in the Asylum, falls into idiocy, that Patient shall be dismissed as speedily as possible.

11thly. Those affected with Epilepsy, or other forms of the disease, generally found incapable of cure, or even of mitigation, after a trial of *one year*, shall be dismissed, whenever there are applicants under more cureable forms of the disease. If this were not done, the house would soon be filled with incurables, whence its utility would be much impaired.

12thly. Near Relations or Friends shall, by an order from the Physician, be allowed to visit Patients from twelve till two. The order will be printed, with proper directions, calculated to prevent the visitors from hurting the Patients, or from harbouring suspicions of improper concealment.

13thly. No Male Visitor shall be admitted into any Female ward or apartment, except the Father, Brother, or Husband of the Patient, or if the Patient come from a distance, some person authorized by a letter from one of these; but except a Father or Brother, no man is ever to be left with any Female Patient, without the Matron or Keeper being present; and no Female is to be admitted into the Male wards or apartments, but under corresponding restrictions.

The Matron or Keeper is also to accompany the Physician and Apothecary during their visit to the Females.

14thly. No person is to bring into, or carry out of the house, any article, without the knowledge of the Superintendant, or Matron, or Keepers.

15thly. Those admitted to see the Asylum or the grounds, shall write their names in a Register: none of them shall hold conversation with such of the Patients as may come in their way, and if any improper freedom shall ever be attempted, the name of the offender shall be noted, and all access to the House denied to that person for the future.

Lastly, As it is of great importance speedily to remove any improper regulations, to supply deficiencies, and to correct errors, which experience may point out, a Committee of Directors shall be appointed every year in the beginning of October, for the express purpose of revising all the Regulations, and suggesting such improvements, additions, or alterations, as they may think necessary: but, as it is of equal importance

to make no improper change, or needless innovation, no change shall be made on the regulations, till it has been submitted to the consideration of the Directors for one month at least; and it shall not be adopted, unless approved by two-thirds of the Directors, warned to meet for the express purpose of voting on it.

W. LANG, Printer,
62, Bell-Street.

